

REGINA metro

NEWS
WORTH
SHARING.

'Hurricane' Carter dies

Boxer turned activist after being wrongfully convicted of a triple murder, spending nearly 20 years in jail **PAGE 3**

X MARKS THE POP

MUSIC VIDEO MAKER DIRECTOR X — WHOSE CLIENTS INCLUDE NICKI MINAJ AND DRAKE — SHARES LESSONS HE'S LEARNED **PAGE 7**



USE METRO AR TO WATCH MUSIC VIDEO FOR CAN'T DENY IT

Is it over yet? Wintry weather grips province

Spring hath not sprung. Forecast calls for warmer temps, but Regina could see additional flurries later this week



MARCO VIGLIOTTI
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It appears Saskatchewan won't be able to release itself from winter's icy grip just yet.

Though, that might not qualify as much of a surprise in the infamously frigid province.

Both Regina and Saskatoon could see some additional flurries later this week as Saskatchewan continues to grapple with yet another below-seasonal spring, according to Dan Fulton, a meteorologist with Environment Canada.

"We got a cold front coming in (mid-week) that's bringing us back into below-normal temperatures," he told Metro on Sunday, noting that flurries could return to both cities on Thursday. "Kind of a cool-down as of mid-week as some colder air comes into the region."

The province's two largest urban centres once again braced chilly temperatures this past week after seeing milder conditions earlier in the month. Saskatoon saw around three centimetres of snow over the weekend.

Winter-weary residents in both cities can take solace in forecasts calling for warmer seasonal temperatures in the next few days. Fulton notes that Environment Canada is not predicting particularly significant accumulations of snow in either city this week.

Flurries in April and even

Say it ain't snow!

3

Saskatoon saw around three centimetres of snow over the weekend.

May, he stressed, aren't much of a surprise in this part of the country. He said Saskatchewan residents have come to expect unpredictable weather this time of the year.

"It's not even unusual ... to get snow in April. It does happen on occasion," Fulton said. "You still can get snowstorms in April and you still can get them in early May."

While it may be difficult to predict what the rest of spring has in store for the province, Fulton said if snow does hit the province again at least residents can take comfort that it won't stick around for long.



DAY OF JOY AND HOPE

Pope Francis greets the faithful as he holds Easter mass in St. Peter's Square on Sunday in Vatican City. The Pope was leading Holy Week observances for the second time as pontiff. Story, page 3.

FRANCO ORIGLIA/GETTY IMAGES

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Saskatchewan-born

Author Alistair MacLeod dies at 77

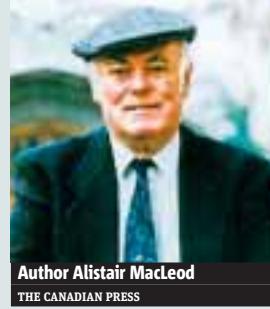
Alistair MacLeod, the Prairie-born author who won one of the world's most lucrative literary prizes with his only novel, has died. He was 77.

MacLeod was known for his short stories and his novel "No Great Mischief," winner of the 2001 IMPAC Dublin

Literary Award, then worth \$172,000.

MacLeod's former publisher, Doug Gibson, said MacLeod had been in hospital since suffering a stroke in January. Born in North Battleford, Sask., in 1936, MacLeod moved with his family back to a farm on Cape Breton Island at the age of 10. It was there that the themes that informed his work took hold.

THE CANADIAN PRESS



Author Alistair MacLeod
THE CANADIAN PRESS

North Battleford

Man dead after vehicle rollover

A North Battleford man is dead after the vehicle he was driving rolled over on a grid road near Highway 16 Sunday morning.

RCMP say officers received a call about a single vehicle collision at about 4:07 a.m. According to police, the

driver lost control of his GMC Envoy SUV at a curve on the road, located east of North Battleford. The 29-year-old man was pronounced dead at the scene.

A police re-constructionist was on the scene Sunday assisting with the investigation. Traffic on the heavy-use Highway 16 was not affected by the accident. Police have not yet released the name of the deceased. METRO

Mother's Facebook post decries lack of mental health resources

'No one is helping her.'

Cathy Harvey says her daughter, Kate, is falling through the cracks of province's health, social services system



JACOB MORGAN
Metro in Saskatoon

The word "no" can send 14-year-old Kate Harvey from Kerrobert, Sask. into a rage.

Last week, Kate's mother, Cathy, described on Facebook how her daughter suffers from mental illnesses and is falling through the cracks in the province's health and social services systems. Nearly 2,000 people have shared the post.

"I love my daughter with all my heart and no one is helping her," Harvey, principal at the Kerrobert Composite School, told Metro.

A series of issues including Attention Deficit and Hyperactivity Disorder, Oppositional Defiant Disorder, anxiety and depression renders the teenager incapable of comprehending consequences.

During Kate's episodes, Cathy said her daughter is transported to hospital in Saskatoon or taken into police

custody. Neither option suffices as Kate leaves emergency rooms without seeing a psychiatrist and fights with officers.

To get a diagnosis, Cathy had to seek a court order on an assault charge. Now authorities deem Kate a danger to her family.

Danielle Chartier, health critic for the Saskatchewan NDP, says this is not an isolated incident.

"When your only two options are the emergency room or the police, clearly the government is not doing its job," she says.

Kathy Willerth, director of mental health and addictions, says the Ministry of Health is working on an action plan that should answer some of these questions.

For now, she encourages parents to call their regional health authorities at the first signs of trouble.

"Intake services could do a bit of a triage."

Garry Prediger, of the child and family services division for the Ministry of Social Services, says that while Social Services works closely with the health ministry, there are times when callers are referred from one department to the other.

"Removal of the child from their home is usually the last resort," he adds.



Cathy Harvey took to Facebook to vent her frustration with Saskatchewan's health and social services systems. She says her daughter, Kate, is slipping through the cracks. The post has since been shared nearly 2,000 times. CONTRIBUTED

But Cathy remains concerned about what is going to happen to her daughter.

"I am advocating because my child will die if I don't," she said.

For the full story, visit metronews.ca

Hockey night in India, thanks to help of Sask. man



Players on the sidelines of their hockey game in the Himalayas.
COURTESY OF TRUE TRAVELLERS SOCIETY

Saskatchewan and the Himalayas are thousands of miles apart but both regions have one thing in common: their love for hockey.

This was a surprising discovery Saskatchewan man Andrew Wahba came upon after hearing stories from a friend who coached hockey in Northern India.

"When he came back he

was talking about how much equipment they have up there and how they could really use some more," Wahba said.

Wahba decided to temporarily leave his full-time job, and devoted his time trying to bring hockey equipment to Himalayan players through fundraising and donations.

With the help of Saskatchewanians, Wahba and his team

were able to ship 28 bags full of equipment to residents of Ladakh in the Indian state of Jammu and Kashmir last January.

He said the kids and adults alike were delighted to receive 100 hockey sticks, 110 pucks, 80 pairs of skates and gloves, and 30 helmets.

According to Wahba, hockey was introduced to the Hima-

layan region 20 years ago by the military. Ladakh has since become a hockey hotbed and home to some of India's national ice hockey team players.

"The love that they have for the game is incredible," Wahba said. "When everyone's really tight around an outdoor ice surface, that's what it is up there now."

SARAH TAGUIAM/METRO

'Hurricane' Carter dies at 76

Wrongfully convicted of murder. Carter was immortalized in an iconic 1976 Bob Dylan song and a 1999 Norman Jewison film

Rubin "Hurricane" Carter, the former American boxer who became a tireless campaigner for the wrongfully convicted after spending almost 20 years in jail for a triple murder he denied committing, has died at his home in Toronto. He was 76.

His longtime friend and co-accused, John Artis, said Carter died in his sleep early Sunday morning after a lengthy battle with prostate cancer.

"It's a big loss to those who are in institutions that have been wrongfully convicted," said Artis.

"He dedicated the remainder of his life, once we were released from prison,

to fighting for the cause of those who have been wrongfully convicted."

Artis quit his job stateside and moved to Toronto to act as Carter's caregiver after his friend was diagnosed with cancer nearly three years ago.

During the final few months, as Carter's health took a turn for the worse, Artis said he had come to grips with the fact that he was dying.

"He tried to accomplish as much as he possibly could prior to his passing," Artis said of the man who founded the Association in Defence of the Wrongly Convicted.

"He didn't express very much about his legacy. That'll be established for itself through the results of his work. That's primarily what he was concerned about — his work," Artis said. "He was a very selfless person." Carter's family, including two daughters, are all in the U.S.

THE CANADIAN PRESS



Rubin "Hurricane" Carter holds his fist up and smiles as he and Joyce Milgard enter the court building in Winnipeg in 2003 for a hearing. The former American boxer was imprisoned nearly 20 years for three murders before the convictions were overturned. He died at his home in Toronto after a lengthy battle with prostate cancer at age 76.

RUTH BONNEVILLE/THE CANADIAN PRESS

Long fight outside the ring

Carter was convicted along with his friend John Artis of murdering three people in a New Jersey bar in 1966.

- Their convictions were overturned in 1975, but both were found guilty a second time.
- After serving 19 years, Carter was freed in 1985 when a federal judge overturned the second convictions.
- When he was freed in 1985, a U.S. judge ruled that the prosecution had conducted "an appeal to racism rather than reason, concealment rather than disclosure."
- Carter's personal writings and photos, are being donated to a Boston university.

Pope Francis prays for peace in Ukraine, Syria



St. Peter's Square during the Pope's Easter mass, Sunday. THE ASSOCIATED PRESS

Marking Christianity's most hopeful day, Pope Francis made an Easter Sunday plea for peace and dialogue in Ukraine and Syria, for an end to terrorist attacks against Christians in Nigeria and for more attention to the hungry and neediest close to home.

Well over 150,000 tourists — Romans and pilgrims, young and old — turned out for the mass that Francis celebrated at an altar set up under a canopy on the steps of St. Peter's Basilica.

So great were their num-

bers that they overflowed from sprawling St. Peter's Square, which was bedecked with row after row of potted daffodils, sprays of blue hyacinths and bunches of white roses. Waving flags from the pope's native Argentina as well as from Brazil, Mexico, Britain, Poland and many other countries, they also filled the broad boulevard leading from the square to the Tiber River.

Easter is the culmination of Holy Week and marks Christian belief that Jesus

rose from the dead. Francis noted that this year the Catholic church's celebration of Easter coincided with that of Orthodox churches, which have many followers in Ukraine. The Pope prayed that God would "enlighten and inspire the initiatives that promote peace in Ukraine, so that all those involved, with the support of the international community, will make every effort to prevent violence." Francis also prayed for peace in Syria.

THE ASSOCIATED PRESS

None forgotten

Pope Francis also spoke of those suffering in Africa from an epidemic of deadly Ebola and urged a halt to "brutal terrorist attacks" in parts of Nigeria.

- The Pope denounced hunger, which he said was aggravated by conflicts and by immense wastefulness.

Did you know **72%** of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Confusion crippled evacuation of sinking ferry: Radio transcript

South Korea.
Anguished families
vent rage over
handling of crisis

The South Korean ferry that sank was crippled by confusion and indecision well after it began listing, a radio transcript released Sunday showed, suggesting the chaotic situation may have added to a death toll that could eventually exceed 300.

About 30 minutes after the Sewol began tilting, a crew member asked a marine traffic controller whether passengers would be rescued if they abandoned ship off South Korea's southern coast. The crew member posed the question three times in succession.

That followed several statements from the ship that people aboard could not move

and another in which someone declared that it was "impossible to broadcast" instructions.

Many people followed the captain's initial order to stay below deck, where it is feared they remain trapped. Fifty-eight bodies have been recovered, and about 240 people are still missing.

The confirmed death toll jumped over the weekend after divers finally found a way inside the sunken vessel and quickly discovered more than a dozen bodies. They had been hampered for days by strong currents, bad weather and low visibility.

Families of the missing are staying on Jindo Island, where information sheets taped to the walls of a gymnasium offered details to help identify any corpses, including gender, height, length of hair and clothing.

Anguished families, fearful they might be left without



A relative of a passenger who was on the sunken ferry Sewol looks toward the sea at a port in Jindo, south of Seoul, South Korea, Sunday. At least four dozen have been confirmed dead in the disaster. LEE JIN-MAN/THE ASSOCIATED PRESS

even their loved ones' bodies, vented rage Sunday over the government's handling of the crisis.

About 100 relatives at-

tempted a long protest march to the presidential Blue House in Seoul, about 400 kilometres to the north, saying they wanted to voice their complaints to

President Park Geun-hye. They walked for about six hours before police officers blocked a main road.

THE ASSOCIATED PRESS

Hampered rescue efforts

**240 people
still missing**

The ferry sank with 476 people on board, many of them students from the same high school. The cause is not yet known, but prosecutors have said the ship made a sharp turn before it began to list.

More than 170 people survived the sinking of the Sewol. Several crew members, including the captain, have been arrested on suspicion of negligence and abandoning passengers. The captain took more than half an hour to issue an evacuation order, which several passengers have said they never heard. THE ASSOCIATED PRESS

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Americans in Paris have no amour for love locks

A newlywed couple rest on the Pont des Arts in Paris on Wednesday. A recent fad among travellers of hitching padlocks on bridges and at tourist attractions worldwide to symbolically immortalize their amorous attraction has swept up this reputed City of Love more than most. Now, two American-born women who live in Paris say they've had enough, launching a petition to try to get mostly laissez-faire city officials to step in and do something about what they call an unbearable eyesore in a majestic municipality. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Regrets? I've had a few



HOW TO ROLL
Alison Griffiths
metronews.ca

High on the list of life's regrets might be that margarita-inspired vacation tattoo you got with the name of a cabana boy or girl etched in it. Next comes investor regret.

Why didn't I buy Apple (AAPL-Q) five years ago at \$135 US? It's around \$515 now. And why am I still hanging on to Bombardier at a pitiful \$4, 14 years after buying it for \$26?

As U.S. market research firm Casey Research puts it so aptly: "The stock market is one giant roller coaster of regret for retail investors. Regret for not getting in, regret for getting in too late, regret for being left holding the bag."

Here is my regret list of stocks I should have bought five years ago.

1. Other tech stocks. Sure, if you had bought Apple stocks a decade ago at \$12, your investment would be up a staggering 4,500-plus per cent. Missed that one. But I should also have paid attention to the tech sector in general. It includes SanDisk (SNDK-N) and Salesforce.com (CRM-NYSE) — both up about 500 per cent.

2. Canadian Pacific (CP-T). I've long owned Canadian National and considered it superior to CP. But since 2009, CP is up around 300 per cent compared to roughly 170 per cent for CN.

3. Tesla Motors Inc. (TSLA-N). Between 2010 and early 2013, Tesla was one of those great ideas that never produced a gain for investors at \$20 a share. Oh Lordy, how things changed. It is now up nearly 800 per cent. Darn!

Consumer rights

Silly General Mills, the right to sue is for everyone

General Mills is scrapping a controversial plan to strip consumers of their right to sue the food company.

The company, which

owns several brands including Trix and its Silly Rabbit mascot, had posted a notice on its website notifying visitors of a change to its legal terms — visitors using its websites or engaging with it online in a variety of other ways meant they would have to give up their right to sue.

THE ASSOCIATED PRESS



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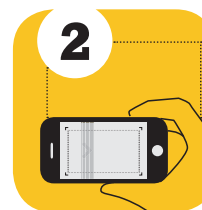
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Do we really want to obstruct this view?

A week ago, Saskatoon city council approved new rules to allow downtown buildings to exceed 76 metres, or about 23 storeys. This would make way for a new development proposal for the Bridge City.

By comparison and a couple of metres, Regina's Mosaic Potash Tower is the tallest building in the Queen City at 84.5 metres. Currently in Saskatoon, the record holder is La Renaissance Apartments on Spadina, already a few metres above civic limits.

A project in the works since 2009 in Regina will supposedly



URBAN COMPASS

Christina Cherneskey

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see the tallest building in the province. But that's if the Capital Pointe venture — complete with the Ted Godwin weather indicator that used to sit atop the old Plains Hotel — ever gets off the ground.

Saskatoon's plan however has some merit and vision. City council is adamant if a builder wants to blot the stunning visual of our skyline, they have to meet the city halfway: developers would have to construct public plazas, green roofs and other street-level features.

Understandably, there is the urgent need to create more density in downtown cores — especially in Regina. The question remains, will taller buildings indeed draw more residents to a city's centre?

Some debate as to why Saskatoon has a high-building bylaw. Of course, there is the flight-path which bisects the downtown core. But there is also discussion about the necessity of building so high. Especially when our biggest visual commodity in this province is the sky.

Peek from the Prairies

There is something compellingly fascinating about driving on the Prairies. To the novice, it's just flat. To the veteran, coasting along a Saskatchewan highway is sheer delight.

There is something compellingly fascinating about driving on the Prairies. To the novice, it's just flat. To the veteran, coasting along a Saskatchewan highway is sheer delight. Storm systems can be seen miles and miles away. A breathtaking sunset or sunrise remains imprinted forever. Catching the first glimpse of the next town or city offers promise of something new.

This is one of the many attributes which sets Saskatchewan apart from the rest of Canada. We don't need extra-tall buildings to prove our worth, or our wealth.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Picture playtime across the world



World tour of our children's toys

Playtime is often a private matter, but one photographer has managed to enter and reveal the world of children's toys. Gabriele Galimberti, 36, spent over two years visiting 58 countries to photograph kids with their most prized possessions. His photos are featured in his new book *Toy Stories*. **THE ASSOCIATED PRESS**

Q and A

Similarities and differences



GABRIELE GALIMBERTI
Photographer, 36,
from Arezzo, Italy

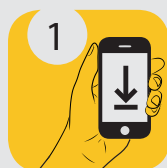
Did you discover anything new during the project?

I learned that the poorer the country, the less possessive the children were of their toys. It was easier to work with them and gain their trust. But, overall, I don't want to preach a lesson from my trips. My photographic series is simply about highlighting differences and similarities around our world.

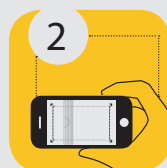
GABRIELE GALIMBERTI/INSTITUTE

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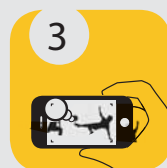
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MetroTube



Safety irony



ANDREW FIFIELD
metronews.ca

Following last week's lesson in train safety from a selfie-taking fellow and an engineer's passing boot, we now have Connecticut Sen. Richard Blumenthal narrowly avoiding serious trouble while casually ignoring safety priorities as stated by a local mayor inches away.

Politicians certainly enjoy images of themselves riding public transit to polish populist credentials. But sitting comfortably on the subway surrounded by aide-enforced personal space doesn't quite reflect the average commute. Much like deciding to place your flimsy easel entirely within the yellow line doesn't suggest much previous experience with travel by rail.



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By. Ed Catmull & Amy Wallace

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

How Pixar learned from its private mishaps to earn a reputation for perfection is a fascinating journey recounted here by co-founder Ed Catmull. He puts you into their discussions and it's thrilling. An added section shares valuable lessons such as, "It's not the manager's job to prevent risks, it's the manager's job to make it safe for others to take them."

Box office

Captain America on top for 3rd week

Captain America: The Winter Soldier added another \$26 million to its coffers on the weekend, according to studio estimates Sunday, while the sci-fi thriller Transcendence opened in fourth place with \$11 million. Another new movie, the religious-themed Heaven Is for Real, debuted in third place over Easter weekend, while another sequel, Rio 2, held on to the second spot.

THE ASSOCIATED PRESS

Can't Deny It — hip hop Director X hits the mark

Video maker. Learning to merge passion with the practical leads to influential style



RICHARD CROUSE
scene@metronews.ca

Music video maker Julien Christian Lutz is better known as Director X.

"I got Julien from my mom and dad," he writes on his website. X, he says, came from the streets.

One writer, however, suggests that the unusual name could stand for "Director Xtremely Good At Directing."

The in-demand Canadian-born helmer has worked with everyone from Jay-Z and Nicki Minaj to Rihanna and Drake. The key to his success, he says, is leading "an artist's life. You have to be as open as you can be to everything."

"You need to keep yourself inspired so you have to do whatever it is going to take to jog your creative brain, whether that be going to an art gallery or whatever."

Today, whether it is a music video or a commercial shoot—he's shot ads for Nintendo, Guinness and Burger King among many others—he's learned to listen to the customer.

An artist's life

"You have to be as open as you can be to everything."

Director X



Music video maker Director X's strong visual sense is his trademark. GETTY IMAGES

"Some people have the idea that the client is always wrong, and if they weren't here everything would be better, but I have come to find that the client has an instinct."

But he didn't always feel that way.

"You know everything when you're in your 20s, so you're passionate about how much you know and passionate about how wrong they are. It's definitely something that has to be learned. It would have been interesting if someone had come to me and explained that ahead of time, but I had to learn it like I had to learn it."

Picture-in-a-picture look

His strong visual sense — he uses graphics and letterboxing in tricky and interesting ways — is his trademark, but X says his most influential video came about "from a bad edit the client didn't like. So I had to go in there and come up with something new."

- To keep the people paying the bills happy he devised a picture-in-picture look for the Fabulous featuring Nate Dogg video Can't Deny It.
- "It was really kind of cool and got taken on by hip hop in general," he says.
- "It shook up the norm of what was happening in the genre. It became its own thing. After that everyone did it. That was a really good moment where the ripples were felt from a piece of my work. I loved it. Imitation is the sincerest form of flattery. People inside the game know where it comes from so any time someone copies you it flows back to you."

The busy filmmaker has gleaned many lessons along the way, but his life and work boil down to one simple statement: "I'm here to make art and express it."

2 SCENE



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Tom cruisin' with Laura?

MELINDA TAUB

Metro World News

Has Tom Cruise finally found happiness by dating within his own faith?

Mission: Impossible star Cruise is said to be dating Laura Prepon, star of Orange is the New Black. Unlike his ex-wives, Prepon is also a Scientologist. According to Page Six, the set of OITNB is abuzz with the news that the two are courting.

Grazia reported last fall that Cruise had picked Prepon up in a vintage car for a romantic dinner at the Manor Hotel. At the time, Cruise's publicist said it



wasn't true, but according to Page Six, the pair have continued dating quietly while trying to keep the relationship out of the press.

Call me a foolish romantic, but I find it genuinely touching that Tom Cruise would try to keep his relationship with a woman out of the press. Maybe he's found true love at last. Just imagine the romance

that they could have. Long midnight audits, evenings on the Scientology yacht, double dates with David and Shelly Miscavige, wherever she is...

However, Cruise's rep continues to deny the relationship.

"They see each other at some functions, but they are not dating," a source told Us Weekly.

White House dashes dreams of non Beliebers

Bad news for all the folks looking to get Justin Bieber booted from the U.S. While the petition started in January asking the White House to deport the scandal-plagued singer earned an impressive 270,000 signatures, the effort was for naught. "Sorry to disappoint, but we won't be commenting on this one," a statement from the White House reads. "To avoid the appearance of improper influence, the White House may decline to address certain procurement, law enforcement, adjudicatory or similar matters properly within the jurisdiction of federal departments or agencies, federal courts or state and local government in its response to a petition." The initial petition stated that the signers "would like to see the dangerous, reckless, destructive and drug-abusing Justin Bieber deported and his green card revoked. He is not only threatening the safety of our people but he is a terrible influence on our nation's youth."

Stone shares threesome secrets with Vergara

Sofia Vergara was more than a little daunted by one scene in her new film, *Fading Gigolo*, that called for her to engage in a threesome with Sharon Stone and co-star and director John Turturro. "At the beginning, I was a little nervous because I've never done anything like this, not in real life or on camera, so it was a little nerve-racking," she tells CBS News. "When I arrived on set, Sharon



Sofia Vergara

was very supportive. She was very nice. She told me, 'Just follow me, I've done this many times, it's going to be fine, just relax.'"

Twitter



@Joan_Rivers

This year was tough. I lost my sister, my dog and my house. I lost more than Bernie Madoff, except everything was mine.



@tyrabanks

So U know when U are trying to tweet something but can't get it under 140 characters so U type & erase & type & erase but get annoyed & give



@WhitneyCummings

The internet is the new Playboy. everyone pretends we just read it for the articles



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Make this Buy Nothing Monday

End entitlement.
Few of us spoiled
Canadians can
distinguish wants
from true needs



**GAIL
VAZ-OXLADE**
Gail blogs daily at
gailvazoxlade.com

When I ask people why they buy stuff, they tell me it's because they need it, whatever "it" is. That's hardly ever true. Folks don't *need* most of the stuff they buy. They want it.

It's very easy to confuse needs with wants. You work hard and deserve nice things, right? Whether you're thinking about buying a big-ticket item (We need a vacation) or smaller, impulse purchases (I need a super-duper latte), your sense of entitlement can muddy the waters when it comes to what you want and what you really need.

I did a workshop last fall and my daughter Alex was along to help. A middle-aged woman couldn't get her budget to balance and Alex pointed to her \$200 a month cigarette habit. The woman said it was a need. Alex shook her head. "A need is something you must have to stay alive," she said. Seriously, if you can't balance your budget, what are you doing feeding your vices? People who are raised in a First World country like Canada may have a sense of entitlement simply



Hold up! Do you really need that massive flat screen TV? ISTOCK

because they have no idea how lucky they are. If you've never been hungry, never wondered where you would sleep, never had to go without shoes, then your sense of what is your due by rights may be askew.

If every winter your family went on vacation to a warmer clime, if every summer you went to camp, if each fall you started the new school year with a fresh wardrobe, why would you think you were entitled to any less as an adult?

This is a particular problem for people who were brought up in homes where they benefited from a higher income

than they currently enjoy. Even if you haven't got the income to support it, you have no idea why you can't have everything you want when you want it. That's entitlement!

People who watch a lot of TV, read flashy magazines and walk the malls have a sense of entitlement because they believe that everyone else has one, so they can have one, too.

But here's the rub: A lot of those people are going into debt to have the lifestyle you crave, so what you're craving isn't real. It's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid

at the best of times, but it's suicidal if you're doing it on credit.

If watching all that house porn is making you think you're perfectly lovely home needs to be renovated, turn off the TV. You won't die without granite countertops and a stainless steel fridge. And if hanging out with friends who are always going shopping is busting your budget, you're going to have to find some new friends if you're determined to live a real life.

If you don't believe me when I say that the culture is influencing our sense of entitlement, just look at the sizes of the houses we're living in now,

compared to 50 or 60 years ago. Back then people were having more kids, but living in houses far smaller than we're willing to settle for today. Unfortunately, as our expectations have gone up, our ability to pay for them has been seriously challenged. While we like to castigate the younger generation for their rampant sense of entitlement, it's not just a problem of youth and immaturity. Because we live in a society where public education is primarily free, we believe our children are so entitled to an education that they, and we, have to do very little for it. We feel entitled to a level of medical care for which we have very little appreciation. If we had to pay for our care, we might take our own health more seriously. So it's not just our young 'uns who feel entitled.

Have we become so addicted to having (instead of being) that we are no longer able to distinguish between needs and wants? Is acquisition of more stuff our new life's blood?

Here's a challenge. It's based on the concept of "buy nothing day," but is much more practical, personal and pointed. Pick one day of the week on which you will buy nothing. It doesn't really matter which day it is. Just pick a day and commit to buying nothing on that day. Buy Nothing Monday should be dead easy. Buy Nothing Saturday is for those who are more committed to testing themselves.

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3 TIPS

Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block



METRO CUSTOM PUBLISHING

Unexpected tax bills, and getting a break for helping with housing

Q

I worked two jobs last year and now I owe money. I don't have the money to pay it. What should I do?

A

Unexpected tax bills are never a good thing. Employers only withhold tax based on what you earn with them – not income earned somewhere else. File your return by April 30 without the payment to avoid the 5% late-filing penalty and you will only have to worry about interest charges. Then contact the CRA and ask if you can arrange a payment schedule. The agency may agree to one if you have tried all other reasonable ways to get the funds including getting a loan. But they will require full disclosure of income, living expenses, assets and liabilities. It is always better to contact the CRA first rather than waiting to hear from them.

Q

I rent rooms to youth who need help so there is no profit. Do I need to report this income?

A

Fortunately, your good deed does not attract extra tax. If you are charging less than Fair Market Value for the rooms, you do not have to report the income on your tax return. However, you cannot claim any rental expenses since you would not have rental income to claim it against.

Visit hrblock.ca for a location near you

Money 101. Two couples, one year to make them richer

Well on the way to debt-free goals

I am working to improve the finances of two Canadian couples in 2014. Together, we are creating a plan for each to make serious progress on handling their finances and achieve their respective goals of becoming debt-free and owning a home. Follow along to take a peek inside their bank accounts. – Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter inch closer to the birth of their first child. SHUTTERSTOCK



Carolina and Jose have set out on a journey to buy their first home. SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

I had the pleasure of sitting down with Anne-Marie and Peter in late March. The couple shared their joy and excitement with me as they inch closer to the birth of their first child.

Over the month, they have steadily reduced their debt while proactively planning for the reduction in Anne-Marie's income once she is on maternity leave.

We discussed the importance of having a will that clearly indicates their custody and childcare preferences, and what should happen to their liabilities and assets in the event of disease or death.

Though no one likes to think about these horrible life catastrophes, it's irresponsible not to. The alternative is to have the courts dictate what happens to your children, possessions and liabilities.

On a more exciting note, after seven years with the same company, Peter is considering the possibility of a new, higher-paying and a job closer to home. He currently commutes a total of three hours per day, and knows

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: Expecting their first child in June
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings accounts for emergency funds and file taxes

working in the city would result in at least a 15 per cent pay hike and a shorter commute.

Anne-Marie and Peter also presented me with their detailed RRSP statements so we could review their investments. Currently, they are invested in a low-risk preferred share mutual fund that was established in 2013 and has limited performance history. This month, I will be showing the couple how to adequately research their investment selections and develop specific questions to ask their banker prior to making any changes to their portfolios.

Homework

The couple filed their taxes.

Together, they received a return of \$2,065. Anne-Marie and Peter decided to split up their return as follows:

- Debt repayment: \$865
- Tax-free savings account to start an emergency fund: \$500 (they will continue to contribute \$100 each month after)
- Make a will: \$500
- Treat themselves to something fun: \$200

Anne-Marie and Peter's homework for next month is to find a lawyer and establish a will. They will learn to research investments. Peter is also looking for some freelance work.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

This past month has been an emotional and financial roller-coaster for Carolina and Jose.

You will recall their big news from last month — Jose's parents offered to provide the couple with a down payment to finally buy a home.

Carolina and Jose set out on the first-time homebuyers' journey with a trusted realtor and mortgage broker by their side. With their down payment, the value of home they can afford is approximately \$250,000; in Calgary, that places them in the suburban townhouse market.

They have started house hunting and two shocking issues have emerged.

First, what they can afford to buy isn't nearly as nice as Carolina had hoped, so I have been exploring affordable ways the couple could spruce up their future home while ultimately adding value to the property, including paint, fixtures, flooring, cabinet knobs and more.

The second shock is the townhome market is hot. Two weeks ago they put an offer on a place, but a competing higher offer quickly bumped them out of the competition.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house
- Homework from last month: File taxes and look for a home

Unfortunately, the joys of first-time homebuying have been somewhat overshadowed by Carolina and Jose's financial constraints. But they are committed to their search for a great home and know they will find one soon.

Transitioning to a positive note, the couple continues to operate on the monthly budget they established in January.

As planned, they are now out of the red and have money left over after each paycheque to put towards their savings. Armed with detailed financials on what their eventual mortgage will look like, they have proactively prepared a mock budget for when they ultimately become homeowners.

Jose also continues to explore job opportunities, including staying with his employer, but securing a significant raise.

This month, the couple will focus on continuing their search for a home, file their taxes through a local tax professional, and create a plan for their expected tax return.

Homework

Caroline and Jose will house hunt, file taxes and plan for their expected tax return.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES THIS MONTH.

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Falafel with Tahini Lemon Dressing: Fresh spring tastes stuffed into a pita



ROSE REISMAN
For more, visit
rosereisman.com or
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Middle Eastern cuisine is known for its falafels — chick-pea-based deep-fried balls served with tahini sauce.

They have become a North American favourite in restaurants, food kiosks, fast food spots and food trucks.

My version is baked, cutting the calories in half and removing most of the fat from the oil used in deep frying. The flavour is enhanced with my light lemony and creamy tahini dressing. Load up your pita with loads of lettuce, tomatoes and onions and you have a nutritious vegetarian meal.

If you want a great appetizer, try doubling the falafels by making them smaller. Serve them in mini pitas.

You'll have a few tablespoons of leftover dressing; store it in the refrigerator and use it as a salad dressing or sauce over chicken or fish.

Tahini is similar to any nut butter made from pureed sesame seeds. It has a very strong flavour, so be sure not to use more than required. The sauce is also wonderful cooked over vegetables or a veggie or chicken burger. You will find it in the ethnic section of your supermarket. But if you can't, you can always substitute another nut butter if desired.

Directions

1. Falafels: Preheat oven to 400 F. Spray a baking sheet with cooking oil.

2. Combine chickpeas, onion,

Ingredients

Falafels

- One 19 oz can chickpeas, drained and rinsed
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh cilantro or parsley
- 1/4 cup unseasoned dry bread crumbs
- 2 tbsp tahini (sesame seed paste)
- 1 tbsp fresh lemon juice
- 1 1/2 tsp minced fresh garlic
- 1/4 tsp baking powder
- 1/4 tsp ground cumin
- 1 egg
- Pinch of ground black pepper
- 2/3 cup Tahini Lemon dressing

- 4 large pitas, sliced in half
- 8 tomato slices and 4 chopped romaine lettuce leaves
- 1/2 cup diced sweet onion

cilantro, bread crumbs, tahini, lemon juice, garlic, baking powder, cumin, egg and pepper in a food processor. Pulse on and off until well mixed. Form into 16 balls (about 2 tbsp each). Flatten slightly and place on the prepared baking sheet.



This recipe serves eight. ROSE REISMAN

**COOKING
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ABOUT 25
MINUTES**

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30 minutes or less

3. Bake in the centre of the oven, turning once, for 15 to 20 minutes or until golden.

4. Meanwhile, combine Tahini-

Lemon Dressing ingredients in food processor and puree until smooth.

5. Meanwhile, wrap pitas in foil and heat in oven for 5 minutes. Place two falafels in pocket of each pita half. Drizzle about 2 tbsp of dressing over each. Tuck tomato slices and lettuce inside each pita and sprinkle with onions. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS)**

Nutritional information

Per serving (1/2 pita with two falafels and 1 tbsp dressing)

- Calories. 268
- Carbohydrates. 33.1
- Fibre. 4.2 g

- Protein. 8.7 g
- Total fat. 10.1 g
- Saturated fat. 1.7 g
- Cholesterol. 30 mg
- Sodium. 433 mg

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Turn your plate green

Green beans are a staple in most homes because they're so affordable and versatile. But instead of just steaming them, roasting gives a richer flavour.

Green beans are jam-packed with nutrients including vitamins A, B complex, C, and K; and minerals iron, magnesium, manganese and potassium. They are also a great source of dietary fibre.

Feel free to substitute with asparagus or broccoli florets, baking just until tender. Substitute other dried fruits for



This Roasted Green Beans with Dried Apricots and Pecans recipe serves four. ROSE REISMAN

the apricots.

1. Preheat the oven to 400 F. Line a baking sheet with foil

and spray with vegetable oil. Place the green beans on the sheet and bake for 10 minutes or just until tender.

Ingredients

- 1 lb green beans, trimmed and cut in half
- 2 tsp olive oil
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/4 cup finely chopped dried apricots
- 3 tbsp toasted chopped pecans
- 1 tsp orange zest

2. Add the olive oil, garlic, ginger, apricots, pecans and orange zest. Toss well and serve.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Take a chance on a career that could

Startup your engines.
How to get noticed by a business that could soon go boom

ANDREA PARK

Metro World News

Everybody wants to be the next Mark Zuckerberg, and young job seekers are skipping big box corporations in lieu of hip, successful startups. Uncubed, produced by Wakefield Media, aims to streamline that process and make it fun.

The company just launched a job search function on its site and holds fun events to connect job seekers with the startup world's hottest companies, like Mashable, BuzzFeed and Seamless. Don't call it a career fair, though: These casual events feature puppies, dunk tanks and cold beers.

We talked to Wakefield co-founder Tarek Pertew and asked him for his top five tips

on landing your dream job at a startup.

Do your homework

Want to make a good first impression? Then do your research so you know how to talk shop. "Make sure you know what they're hiring for and what they're working on so when you approach them, you're fully equipped with that information," says Pertew. Pertew says there's one question that turns him off pretty quickly as an employer: "What does Wakefield do?" That's a red flag," he says. "You should do your homework if you're serious about working at a company."

Think outside the box

It's hard to stand out on a day when employers are meeting masses of jobseekers, but turning something into a conversation piece can make all the difference. "It can even be a business card — yours might have something a little different that extends the conversation or engages," says Pertew. "It's the same with a resumé. If you have



They may not need you at this very moment, but if you make sure you're remembered fondly, a future with the company is quite possible. ISTOCK

something different, it's a superficial way of separating yourself from the crowd." Of course, you'll have to match style with substance. Pertew says the most important thing is to do your research on companies and show that you can fit in with their work culture.

No openings? Try anyway

Never skip out on meeting someone from your dream company just because they haven't posted openings. If you really impress an employer, they may just create a job for you.

"One thing we hear a lot is, 'I really like this person and we're going to see if we can find an opportunity for him or her,'" says Pertew. "It goes back

Be patient

Your dream employer may not be in a position to offer you a job now, but they may be able to fit you in somewhere down the line.

- "Patience is absolutely a virtue," says Pertew. "A number of companies might say, 'You're cool, analytical and bright — we might have a position for you in a year.' Keep networking and

keep showing up. Develop a skill set they need." Pertew says it's never a bad idea to spend a couple of years developing a specialized skill (he used user experience design as an example) in order to have a more appealing resumé. "It's that sacrifice you make early on that will make a positive impact on the remainder of your life," he says.

to culture. They met a guy they really loved, so they're going to see where they can fit him."

Pitch ideas

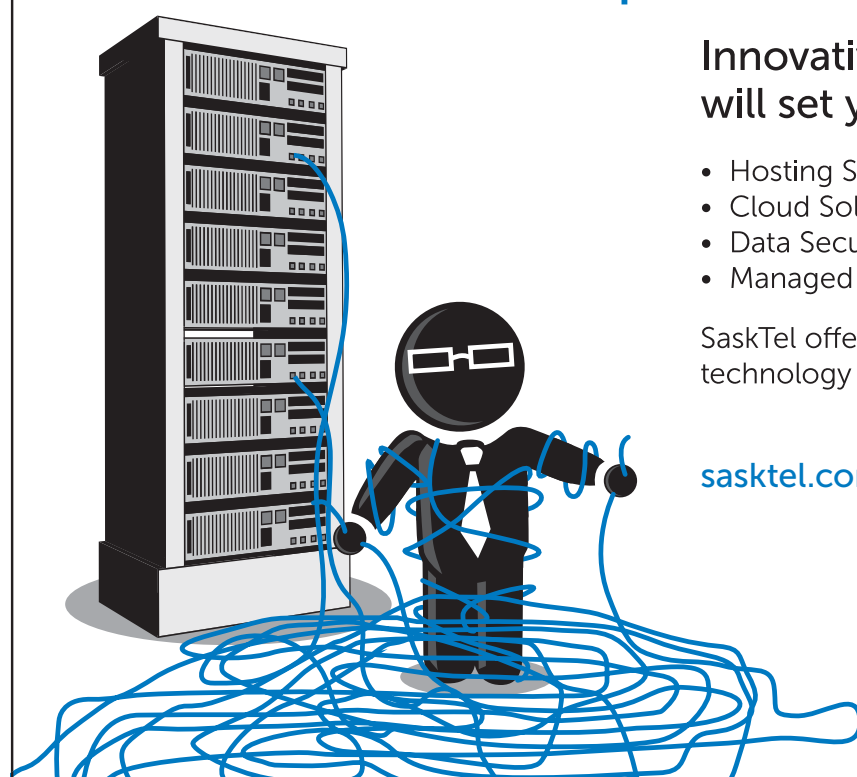
Don't give unsolicited criticism, but offer up some cool ideas to your favourite companies.

"One of my favourite things is when someone gives us a laundry list of ideas they think we can use," says Pertew. "It gives you something to talk about during an interview, also." Listing good ideas helps

you express enthusiasm for the company and also shows potential employers your creative and critical thinking skills.

Just be careful how you word things: "The best way is maybe saying, 'You probably already thought of this, but have you ever thought of doing this?'" Pertew says even if the company has already thought of the idea, you're validating it, and if they haven't, you just may impress them with what you have to say.

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Bruins captain Zdeno Chara and Red Wings defenceman Brendan Smith tussle during Game 2 in Boston on Sunday. JARED WICKERHAM/GETTY IMAGES

Bruins keep Wings at bay to even series

NHL. Power play helps Boston uncork offence in series-tying win over Detroit

Two power-play goals and stingy penalty killing ended the Boston Bruins' offensive drought and tied their playoff series.

Reilly Smith and Zdeno Chara scored with a man advantage, the Detroit Red Wings got just one shot on goal on their four power plays and Boston won 4-1 in

Game 2

4

Bruins

1

Red Wings

Game 2 on Sunday.

"We don't get too many power plays so it was good to be able to get them and be able to capitalize early," Smith said.

He scored his first career playoff goal 10:35 into the

game, just over three minutes after Justin Florek's fluke goal gave the Bruins a 1-0 lead on their first shot at 7:28.

They finished the first period with 18 shots on goalie Jimmy Howard after managing just 25 in losing Friday night's opener 1-0.

Game 3 is set for Detroit on Tuesday night.

"You never want to lose Game 1," said Florek, a rookie who had just one goal in four regular-season games. "I think we played with a little chip on our shoulder."

THE ASSOCIATED PRESS

Flyers vs. Rangers

Luke Schenn scored the go-ahead goal in the second period, and backup Ray Emery made 31 saves for the Philadelphia Flyers, who rallied to beat the New York Rangers 4-2 on Sunday to even the first-round playoff series.

- The Flyers snapped a nine-game losing streak at Madison Square Garden and send the series to Philadelphia tied at 1.

MLB

Murphy clears Tribe from sweep

David Murphy hit a three-run double in the sixth inning and John Axford worked out of a bases-loaded jam in the ninth, lifting the Cleveland Indians to a 6-4 win over the Toronto Blue Jays on Sunday to avoid a series sweep.

Cleveland entered the sixth trailing 4-2, but reliever Aaron Loup (1-1) walked the bases loaded before Murphy delivered a line drive past third base that kicked off the stands and caromed into shallow left field, allowing all three runners to score.

THE ASSOCIATED PRESS

NBA playoffs

ESPN blamed for shot clock flub

The day after the Toronto Raptors were mocked for a much-maligned shot clock malfunction, a team official confirmed that an ESPN technician plugged into the same power source for the shot clocks, frying the power system.

THE CANADIAN PRESS



Scan this image with your Metro News app to see a photo gallery of the Raptors' playoff-opening loss to Brooklyn. THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

Major planets are at odds as the new week begins and you too will find it hard to get along with certain people. The important thing is that you don't take any of it too seriously because it will pass.

Taurus

April 21 - May 21

You will encounter more than one person today who you can't stand. The best way of dealing with such people is to pretend they don't exist.

Gemini

May 22 - June 21

The way you treat people now will determine how people treat you later on, so resist the urge to say or do anything that might turn them against you.

Cancer

June 22 - July 23

If you don't like what is going on around you, turn your back and walk away. Others may complain that you are abandoning responsibilities but your biggest responsibility is, was and always will be to your own peace of mind.

Leo

July 24 - Aug. 23

As Uranus, planet of changes, squares up to Pluto, planet of power, over the next 24 hours you will understand why it is wrong to try to force people to do things against their will, even in a good cause.

Virgo

Aug. 24 - Sept. 23

There is a chance you will fall out with someone in a position of authority today, and it could be messy. If it's not possible to stay out of their way promise, yourself that you won't react when they say something stupid.

Libra

Sept. 24 - Oct. 23

Today you will wade in where angels fear to tread and put the world right. Or maybe you'll make it even worse than before — but you will make an impression.

Scorpio

Oct. 24 - Nov. 22

You won't hesitate to hit back if someone does you wrong today but the problem is you may hit back at the wrong person. Think before you act and, if you do make a mistake, apologize profusely.

Sagittarius

Nov. 23 - Dec. 21

You are entitled to your opinions but you're not entitled to expect that others will agree. So long as you're OK with that, nothing much will go wrong. But if you can't accept alternative viewpoints, it could be a difficult day.

Capricorn

Dec. 22 - Jan. 20

If you've learned anything in recent months, it must be that throwing tantrums rarely, if ever, changes anything for the better. The best way to resolve differences is to charm.

Aquarius

Jan. 21 - Feb. 19

You may not be in the mood to make allowances for those who think and act more slowly than you but the planets warn you don't have a choice. Under no circumstances clash with authority figures.

Pisces

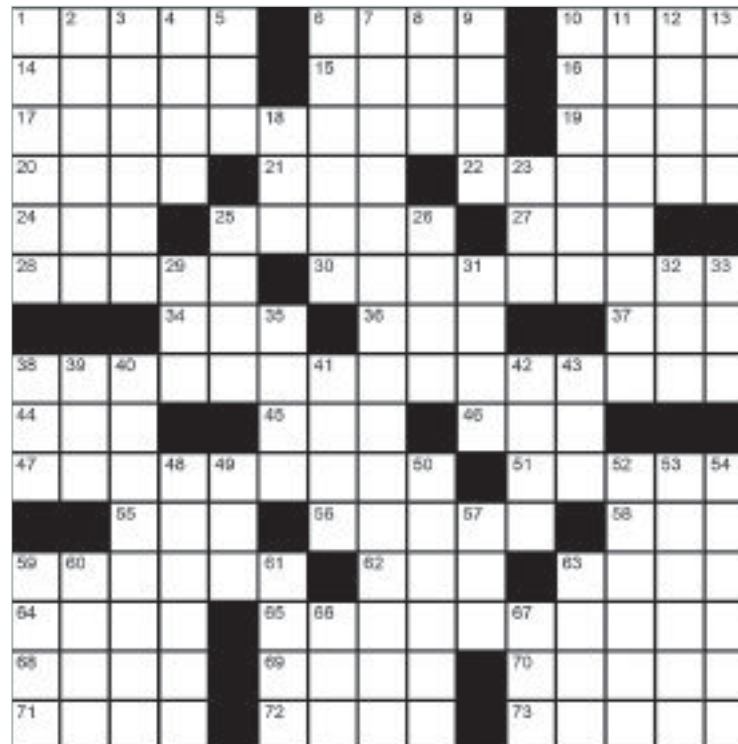
Feb. 20 - March 20

Decide what you want to do today then do it. You'll get a dirty looks from those who disagree with your aims but there's nothing they can do to stop you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ paper
6. Particular
10. German composer of the cantata "Carmina Burana": Carl ___ (b.1895 - d.1982)
14. That locale
15. Used a loom
16. 1722 Daniel Defoe book, ___ Flanders
17. The Band song: 3 wds.
19. Biblical birthright seller
20. Mr. Onassis, et al.
21. Rock producer Brian
22. Album for Canadian musician Sam Roberts: 'We Were Born in ___'
24. "___ Hot" by Alanis
25. Manfred ___ Earth Band
27. An elver is a young what?
28. Bother
30. Lululemon ___ (Canadian yoga-wear company)
34. Former
36. Quebec 'yes'
37. Dorval denial
38. Canuck working woofer: 2 wds.
44. "Pulp Fiction" (1994) name
45. Ruckus
46. Farm sound
47. Montreal's man-made island: Ile ___ -
51. Condescend
55. "I'm afraid!"



56. Slays
58. Philosopher, ___-tzu
59. Pupil coverer
62. Scot's 'no'
63. Social ___
64. ___ meridiem = a.m.
65. Manitoba: ___

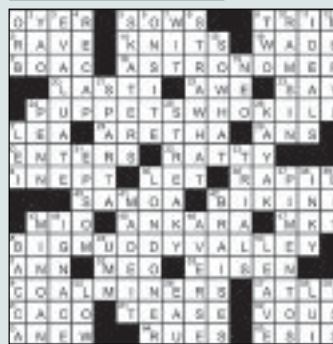
- Provincial Park
68. Bulk-carrying barge
69. "___ is me!" (Alas!)
70. Wedding ceremony 'lane'
71. Barn birds
72. Eva Green's role

- in "Casino Royale" (2006), Vesper ___
73. Go in
- Down**
1. Layers combed for fossils
2. River Styx ferryman
3. Area
4. Fortifies

5. ___ coat
6. "All ___ Do" by Sheryl Crow
7. What the 'TD' of TD Canada Trust stands for
8. Ms. Longoria
9. Huge, hip-style
10. Folded-over frying

- pan serving
11. Village in central Alberta
12. Falsehood
13. Fireplace part
18. "Oh, give ___ home where the buffalo roam..."
23. Charge
25. Coldplay album: '___ Xyloto'
26. Synagogue
29. "Yeow!", in a comic book
31. Mr. Neeson
32. Dove's sound
33. Director Mr. Lee
35. Couplet
38. Convent person
39. Mr. Philips of stand-up
40. ___ Lakes National Park, in southwestern Alberta
41. Fargo, ___
42. Positive gestures
43. Jane or John
48. Keeps fresh, as wedding vows
49. Supplement
50. Jubilant
52. Most unwell
53. Charles de ___ Airport, in France
54. More knightly
57. Kathie ___ Gifford
59. Fives and Tens
60. Enough, for some
61. Missing from service, commonly
63. Goatee's site
66. Major travel rte.
67. Freelancer's encl. to an editor

Thursday's Crossword

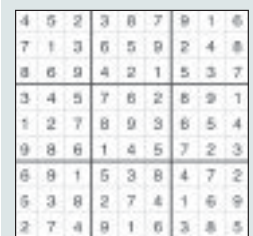


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Thursday's Sudoku



Today

13°/3°
Sunny

Tuesday

15°/2°
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